



Dear Student:

Thank you for your willingness to participate in the NCAA's study of Growth, Opportunities, Aspirations, and Learning of Students in college (GOALS). This is the most comprehensive study ever conducted on the experiences of student-athletes, and your participation is greatly appreciated. By completing and returning this questionnaire, you are agreeing to volunteer for this study. Your participation in the study is completely voluntary. You may choose not to answer specific questions and you can discontinue your participation at any time without penalty.

The information you provide is completely confidential. That means nobody, including the NCAA researchers, will report your responses as coming from you, your team, or your school. All reported results will be in terms of sport trends or national averages; an individual's response will never be reported in isolation.

If you are under 18 years of age, or below the age of legal consent to participate in your state, you are excused from further participation in this research study.

If you have questions regarding the study, the survey instrument, or the survey procedures please contact the survey administrator, Michael Miranda, at 317/917-6304 or mmiranda@ncaa.org.

MARKING INSTRUCTIONS

Use Blue or Black ink pen or Black Lead Pencil Only

Correct Mark: ●

Incorrect Marks:

PART 1: COLLEGE ATHLETICS EXPERIENCE

1. Are you playing on men's or women's team(s)?

- Men's
- Women's

2. NCAA sport(s) you are playing: (Select all that apply)

- Baseball
- Basketball
- Bowling
- Cross Country
- Fencing
- Field Hockey
- Football
- Golf
- Gymnastics
- Ice Hockey
- Lacrosse
- Rifle
- Rowing
- Skiing
- Soccer
- Softball
- Swimming/Diving
- Tennis
- Track (Indoor or Outdoor)
- Volleyball
- Water Polo
- Wrestling

3. How do you describe yourself? (Select all that apply)

- American Indian or Alaskan Native
- Asian
- Black or African American
- Hispanic or Latino
- Native Hawaiian or Pacific Islander
- White
- Other

4. Based on your roster spot or frequency of competition, how would you classify your current status in your main sport?

- First team (for example, you start in a team sport or compete in your preferred events in individual sports)
- Second team (e.g., regular substitute in a team sport, often compete in some event in individual sports)
- Third team (e.g., participate in practice but compete infrequently)
- Practicing or training but not competing

5. **This year, did you receive an athletics scholarship of any kind in your sport?**

- No
- Yes, partial athletics scholarship
- Yes, full athletics scholarship

6. **How likely do you think it is that you will become a professional and/or Olympic athlete in your sport?**

- Very likely
- Likely
- Somewhat likely
- Somewhat unlikely
- Unlikely
- Very unlikely

7. **How much do you agree or disagree with each of the following statements?**

- | | Strongly Agree | Somewhat Agree | Disagree | Strongly Disagree |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| a. I consider myself a <u>dedicated athlete</u> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. I consider myself a <u>dedicated student</u> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. I have many personal <u>goals</u> related to <u>my sport</u> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. I have many personal <u>goals</u> related to <u>my academics</u> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. I need to <u>excel</u> in athletic pursuits to feel good about myself..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. I need to <u>excel</u> in academic pursuits to feel good about myself.. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g. My <u>sports experiences</u> are an important part of my overall college experience | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h. My <u>academic experiences</u> are an important part of my overall college experience | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| i. I would have gone to a <u>4-year college somewhere</u> even if I hadn't been an athlete | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| j. My <u>athletics</u> participation is important in <u>preparing</u> me for life after graduation..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| k. Winning is more important to me than good sportsmanship..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| l. I am able to find an appropriate balance between academics and extracurricular activities (including athletics participation) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

8. **How important are each of these aspects of your college athletics experience?**

- | | Very Important | Somewhat Important | Not at all Important |
|---|-----------------------|-----------------------|-----------------------|
| a. That I get to play/compete a lot (e.g., I start on my team or compete in preferred events) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. That my team is successful..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. That I personally put up good stats..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. That I am viewed as a team leader | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

9. **Based on what you know about the intercollegiate athletics experience in your NCAA division (Division I, II or III), would you recommend your current division to a high school student-athlete?**

- Yes, I definitely would
- Yes, I probably would
- I'm not sure
- No, I probably would not
- No, I definitely would not

PART 2: COLLEGE ACADEMIC EXPERIENCE

10. **What is your current academic standing?**

- Freshman
- Sophomore
- Junior
- Senior
- Graduate Student

11. **Did you transfer into your current school?**

- No
- Yes, from a 2-year college
- Yes, from a 4-year college

12. **If you have transferred, what were your reasons for doing so? (Select all that apply)**

- I did not transfer
- Academic
- Athletic
- Medical
- Financial
- Family / Personal

13. What is your **major** area of study? (Fill in only **one** circle)

- Biological sciences (Zoology, Physiology, etc.)
- Business (Accounting, Marketing, Personnel, etc.)
- Communications (Journalism, Public Relations, etc.)
- Education (Elementary, Special, etc.)
- Engineering, Computer / Information Sciences
- Exercise, Sports, Kinesiology
- Humanities and Fine Arts (Music, Religion, English, etc.)
- Physical Sciences and Mathematics (Chemistry, etc.)
- Professional Studies (Nursing, Occupational Therapy, etc.)
- Social Sciences (Psychology, History, Economics, etc.)
- Other academic field
- I have not yet chosen a major area of study.
(Skip Questions 14-15 and go to Question 16)

14. If you weren't a college athlete, would you still choose your current major?

- I **definitely would** choose this major again
- I **probably would** choose this major again
- I **might** choose this major again
- I **probably would not** choose this major again
- I **definitely would not** choose this major again

15. Has **athletics participation** prevented you from **majoring** in what you really want?

- No
- Yes, but I currently **do not** have regrets about my choice of major
- Yes, and I currently **do** have regrets about my choice of major

16. Thinking about your classes this year, how much do you agree or disagree with the following statements?

	Strongly Agree	Somewhat Agree	Strongly Disagree	Disagree
a. The classes I'm taking are relevant to my future.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. My classes are interesting.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. My classes are easy.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. It was fully my decision to take these particular classes.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I took these classes primarily to stay academically eligible to compete	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I took these classes because they fit with my athletic schedule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. There are a lot of student-athletes in my classes.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. Has your **athletics participation** prevented you from taking **classes** that you wanted to take?

- No
- Yes, but I currently **do not** have regrets about those course choices
- Yes, and I currently **do** have regrets about those course choices

18. Have your coaches or others in the athletics department (e.g., academic advisors) discouraged you from choosing **certain classes**?

- Never
- Once or twice
- Often

19. In how many classes do you typically receive at least some tutoring?

- All
- Most
- Few
- None of them

20. How do you feel about...

	Very Positive	Somewhat Positive	Positive	Negative	Very Negative
a. The efforts you've made in your college classes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Your ability to keep up with your classes while your sport is in-season?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Your likelihood of graduating from college?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Your overall college academic experience to this point?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

21. How much do you agree or disagree with these statements about your contact and interactions with faculty at your college?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
a. Since coming to this institution, I have developed a close, personal relationship with at least one faculty member.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I am satisfied with the access I have to faculty members to discuss my classes and other academic issues.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I am satisfied with the opportunities to meet and interact informally with faculty members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Questions 22-24 are related to non-traditional courses. Non-traditional courses are those that do not require regular in-person meetings in a typical classroom setting or lecture hall. They may include online, independent study or directed reading courses.

22. So far during college, have you: (Select all that apply in each row)

	During the academic year	During the summer	Never
a. Taken an online course through your college?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Taken an online course through an outside college (one that you weren't attending)?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Taken an independent study or directed reading course?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. Why have you taken these non-traditional courses? (Select all that apply)

- I haven't taken any
- To get ahead academically
- They were more convenient to my academic schedule
- They were more convenient to my athletic schedule
- To stay eligible or regain eligibility
- I prefer the format of these courses
- They were required courses
- They were only offered in this format
- They were cheaper

24. Please rate the extent to which you agree/disagree with the following...

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree	Not-Applicable
a. Non-traditional courses are generally easier than traditional in-person courses.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. If given the option I would take more of my coursework in a non-traditional format (e.g., online or independent study).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I am more likely to take a non-traditional course in-season than out-of-season	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. It is easier to cheat in non-traditional courses than traditional in-person courses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Taking traditional in-person classes on campus is an important part of the student-athlete experience.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

25. Which letter grade best describes your current overall GPA (Mark one)?

- A
- B
- C
- D or below
- No grades given or don't know

26. Have you been involved or do you plan to be involved in a study abroad program during college? (Fill in only one circle)

- Yes, I have or will study abroad
- I would like to but can't because of my athletics participation
- I would like to but can't because of other reasons (e.g., finances, availability)
- No, I have no interest
- I don't know at this time

27. Have you been involved or do you plan to be involved in an internship program during college? (Fill in only one circle)

- Yes, I have or will take part in an internship
- I would like to but can't because of my athletics participation
- I would like to but can't because of other reasons (e.g., finances, availability)
- No, I have no interest
- I don't know at this time

28. When you began college, how long did you think it would take to earn your bachelor's degree?

- Less than 4 years
- 4 years
- More than 4 years
- I did not expect to earn a degree

29. Compared to what you thought entering college, your actual degree completion is likely to be... (Select all that apply):

- On time or quicker than expected
- Longer than expected due to athletic eligibility reasons (e.g., redshirted as a freshman, delaying in order to complete my NCAA eligibility)
- Longer than expected due to academic reasons (e.g., failed classes, changed majors, credits didn't transfer)
- Longer than expected due to medical issues (e.g., medical redshirt)
- Longer than expected due to financial reasons
- Longer than expected due to family or personal reasons
- It's unlikely I'll earn my degree

30. In your first year after leaving college, what do you intend to be doing? (Fill in only one circle)

- Working at a job related to my major
- Working at a job, but not necessarily one that is related to my major
- Attending graduate school
- Serving in the military
- Devoting myself to my sport (e.g., training, playing professional sports, etc.)
- Taking some transition time before embarking upon a career
- Staying at home / serving as a caregiver
- I don't yet have any post-graduate plans or goals

31. Do you expect that your job after college will involve sports?

- Very likely
- Somewhat likely
- Not sure
- Somewhat unlikely
- Very unlikely

32. How likely is it that you will go to graduate school or obtain an advanced professional degree (for example, law degree, medical degree, master's degree, doctorate) at some point after college?

- Very likely
- Somewhat likely
- Not sure
- Somewhat unlikely
- Very unlikely

PART 3: COLLEGE SOCIAL EXPERIENCE

33. How much do you agree or disagree with the following statements?

	Strongly Agree	Somewhat Agree	Agree	Somewhat Disagree	Disagree	Strongly Disagree
a. I have a sense of belonging at this college	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Being an athlete has helped me fit in socially at this college	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I frequently socialize with non-athletes at this college	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

34. How many of your closest friends at this college are on your sports team?

- All of my closest college friends are teammates
- Many of my closest college friends are teammates
- Some of my closest college friends are teammates
- Few of my closest college friends are teammates
- None of my closest college friends are teammates

35. On average over the past year, how much time have you spent taking part in service projects or volunteer activities of any type? (Fill in only one circle)

- One or more hours per day
- A few hours per week
- A few hours per month
- A few hours during the year
- Did not participate in service or volunteerism in the past year

36. Are you required to take part in service projects or volunteer activities as part of your athletics participation? (Fill in only one circle)

- Yes, my coach/team requires it frequently
- Yes, my coach/team requires it occasionally
- My coach/team suggests we take part in these types of activities, but it is not required
- No, we don't take part in such activities as a team

37. Have your coaches or others in the athletics department ever discouraged you from participating in an extracurricular activity that interested you?

- No
- Yes, but I currently do not have regrets about being unable to participate
- Yes, and I currently do have regrets about being unable to participate

38. Please indicate your level of agreement with each of the following statements about the atmosphere or climate on your team:

- | | |
|---|---|
| | |
| a. My coaches have created an inclusive environment for all members of the team..... | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| b. My coaches and teammates are accepting of differing viewpoints and cultures..... | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| c. My coaches and teammates are always respectful of persons from other racial/ethnic groups..... | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |

39. Please indicate your level of agreement with the following statements.

My head coach...

- | | |
|---|---|
| | |
| a. Sets an example of how to do things the "right way" in terms of ethics | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| b. Defines success not just by winning, but by winning fairly..... | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| c. Has team members' best interests in mind | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| d. Can be trusted..... | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| e. Listens to what members of this team have to say | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| f. Treats all members of the team equally..... | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |

40. Please indicate your level of agreement with the following statements.

My head coach...

- | | |
|---|---|
| | |
| a. Puts me down in front of others | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| b. Ridicules me..... | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| c. Makes negative comments about me to others | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |



41. How confident are you that you can be successful at the following:

Very Confident Somewhat Confident Not at all Confident

- a. Leading others
- b. Working with a team on a group project

42. Please indicate the type of effect that your college athletic experience has on each of the following skills or qualities in yourself:

Very Positive Somewhat Positive Negative Very Negative

- a. Leadership skills.....
- b. Teamwork.....
- c. Commitment to volunteerism.....
- d. Understanding of people of other races and backgrounds.....
- e. Study skills
- f. Time management.....
- g. Work ethic
- h. Ability to take responsibility for yourself.....
- i. Self-confidence
- j. Personal values and ethics

43. How often do you typically communicate with your parents/guardians (talk, text, use social media)? (Fill in only one circle)

- Multiple times daily
- Once a day
- A few times a week
- Once a week
- Less than weekly

44. Where did you attend high school?

- In the United States
- In Canada
- In another country

45. How much do you agree or disagree that each of the following reasons contributed to your decision to attend your current college?

Strongly Agree Somewhat Agree Disagree Strongly Disagree

- a. Academic offerings, academic reputation, etc.
- b. Athletics participation
- c. Proximity to home, family, friends...
- d. Social scene at this school or have friends attending
- e. Expectations (of parents, teachers, community, etc.).....
- f. Presence of a particular coach
- g. The quality of the athletic facilities

46. Based on what you know now and what others (e.g., friends, coaches, alumni) told you to expect, how accurate were your initial expectations of....

Very Accurate Mostly Accurate Not at all Accurate

- a. The athletics experience at this college?.....
- b. The academic experience at this college?.....
- c. The social experience at this college?.....
- d. The time demands of being a student-athlete at this college?

47. How much do you agree or disagree with the following statements:

- Strongly Agree Somewhat Agree Disagree Strongly Disagree
- a. I am glad that I made the choice to be at this school
- b. I would have attended this college even if a different coach was here
- c. If my current coach left this school I would consider transferring

48. Prior to enrolling in your current college, did you visit the campus (either on an official or unofficial visit)?

- Yes
 No

49. Were you recruited to play sports at your current college?

- Yes, a coach or others contacted me prior to when I enrolled in this school
- Yes, but not until I had already enrolled in this school
- No, I walked onto the team without being recruited

50. Prior to coming to this college, approximately how many schools personally contacted you about playing sports for their school?

(NOTE: **Do not include** form letters that may have been sent to many recruits at once.)

- None
 1-9
 10-20
 More than 20

51. How important was the advice of each of the following people in terms of your decision to attend your current college?

- Extremely Important Somewhat Important Not important at all
- a. Parents or relatives
- b. Friends / teammates
- c. Teachers / guidance counselor
- d. High school coach
- e. Other coach (e.g., summer league or AAU coach.)

52. How old were you when you started competing in your main sport?

- 6 years old or younger
 7-9 years old
 10-12 years old
 13-15 years old
 16 years old+

53. How old were you when you started specializing in your main sport (competing only in that one)?

- 6 years old or younger
 7-9 years old
 10-12 years old
 13-15 years old
 16-18 years old
 Competed in multiple sports through the end of high school (or into college)

54. During high school did you compete in your main sport... (please respond to each item)

- Yes No
- a. On a high school team?
- b. On a club team (includes AAU, national, academy or other elite teams not affiliated with your school)?

55. How much do you agree or disagree with each of the following statements regarding high school and youth athletics?

	Strongly Agree	Somewhat Agree	Strongly Disagree	Not Applicable
a. Competing on my high school team played a big role in my development as an athlete	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Competing on my club team played a big role in my development as an athlete	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I enjoyed my experiences on the high school team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I enjoyed my experiences on my club team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Youth in my main sport play in too many games/competitions before entering college	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I wish I had spent more time participating in other sports growing up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. I compete less often in college than I did while in high school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

56. Since I was young, my family expected that I would...

	Strongly Agree	Somewhat Agree	Strongly Disagree
a. Be a college athlete.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Be a professional or Olympic athlete	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Earn a college degree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



PART 5: HEALTH AND WELL-BEING

57. During the last 30 days, on how many days did you have the following problems or symptoms?

	15+ Days	8-14 Days	4-7 Days	1-3 Days	None
a. Headache.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Had a cold, flu or similar illness.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Trouble sleeping.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

58. How many times have you been diagnosed with a concussion by a medical professional?

	0	1	2	3	4	5	6	7	8+
a. During college	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Before you entered college.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The items in the box below are symptoms that some athletes experience after a concussion. Use this list to answer question 59.

A blow to the head may result in a concussion if any of the following symptoms are present for any amount of time: Blurred/double vision, seeing stars, light/noise sensitivity, headache, dizziness, balance problems, nausea, vomiting, trouble sleeping, fatigue, confusion, difficulty remembering/concentrating, or loss of consciousness. This may also be referred to as a "ding" or "getting your bell rung."

59. How many times have you sustained a blow to the head that was **NOT** diagnosed as a concussion, but was followed by one or more of the symptoms listed above?

	0	1	2	3	4	5	6	7	8+
a. During college	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Before you entered college.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

60. Have you ever sustained an injury in your sport(s) that required surgery, hospitalization or more than one month of time off from training or competition?

- a. During college Yes No
- b. Before you entered college Yes No

61. Please indicate how strongly you agree or disagree with the following statements:

- a. My coaches care about my physical well-being Strongly Agree Somewhat Agree Agree Somewhat Disagree Disagree Strongly Disagree
- b. My coaches care about my mental well-being Strongly Agree Somewhat Agree Agree Somewhat Disagree Disagree Strongly Disagree
- c. I would feel comfortable talking with my coaches about physical health issues Strongly Agree Somewhat Agree Agree Somewhat Disagree Disagree Strongly Disagree
- d. I would feel comfortable talking with my coaches about mental health issues Strongly Agree Somewhat Agree Agree Somewhat Disagree Disagree Strongly Disagree

62. How satisfied are you with the care you have received from team or college medical personnel when you have had...

- a. Physical health issues Neither satisfied nor Somewhat satisfied Somewhat dissatisfied Very dissatisfied I have not required care
- b. Mental health issues Neither satisfied nor Somewhat satisfied Somewhat dissatisfied Very dissatisfied I have not required care

63. The questions in this scale ask you about your feelings and thoughts during the last month. For each, please indicate how often you felt or thought a certain way.

- a. In the last month, how often have you felt that you were unable to control the important things in your life? Very Often Fairly Often Sometimes Almost Never Never
- b. In the last month, how often have you felt confident about your ability to handle your personal problems? Very Often Fairly Often Sometimes Almost Never Never
- c. In the last month, how often have you felt that things were going your way? Very Often Fairly Often Sometimes Almost Never Never
- d. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? Very Often Fairly Often Sometimes Almost Never Never

64. Please indicate how strongly you agree or disagree with the following statements:

- a. I am accomplishing many worthwhile things in my sport Strongly Agree Somewhat Agree Agree Somewhat Disagree Disagree Strongly Disagree
- b. I feel so tired from the physical demands of my sport that I struggle to find energy to do other things Strongly Agree Somewhat Agree Agree Somewhat Disagree Disagree Strongly Disagree
- c. The effort I spend in my sport would be better spent doing other things Strongly Agree Somewhat Agree Agree Somewhat Disagree Disagree Strongly Disagree
- d. I am exhausted by the mental demands of my sport Strongly Agree Somewhat Agree Agree Somewhat Disagree Disagree Strongly Disagree
- e. I am performing up to my ability in my sport Strongly Agree Somewhat Agree Agree Somewhat Disagree Disagree Strongly Disagree
- f. I care about my sport as much or more than I ever have Strongly Agree Somewhat Agree Agree Somewhat Disagree Disagree Strongly Disagree

65. How do you describe your weight?

- Very underweight for my sport
- Slightly underweight for my sport
- About the right weight for my sport
- Slightly overweight for my sport
- Very overweight for my sport

66. Which of the following are you trying to do about your weight?

- Gain weight
- Lose weight
- Stay the same weight
- I am not trying to do anything about my weight

67. On how many of the past 7 days did you get enough sleep so that you felt rested when you woke up in the morning?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

68. All things considered, how happy are you today?

- Very happy
- Somewhat happy
- Somewhat unhappy
- Not happy at all

PART 6: TIME COMMITMENTS

For questions 69-70, think about the current (or most recent) season in which you played your sport:

69. While school was in session during the season, picture the weekday (Monday to Friday) that most felt like your “typical” day on campus. On that day, how many HOURS did you spend on each of the following activities?

	Number of Hours								
	0	1	2	3	4	5	6	7	8+
a. Attending class, lab, discussion groups, etc.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Studying or academic work outside of class.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Sport commitments:									
i. <u>Athletic Activities</u> (Practicing, training, competing, training room, etc.).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ii. <u>Non-Athletic Activities</u> (Meetings with coaches, team functions, film study, etc.).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Other extracurricular activities.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. A job (for pay).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Socializing, relaxing, family....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Sleeping.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



70. While school was in session during your season, picture what your weekends were like.

In total (that is, adding up your commitments for Saturday and Sunday), how many hours did you spend on each of the following activities during a typical weekend on campus?

	0 hours	1-2 hours	3-4 hours	5-6 hours	7-8 hours	9-10 hours	11-12 hours	13-14 hours	15+ hours
a. Attending class, lab, discussion groups, etc.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Studying or academic work outside of class.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Sport commitments:									
i. <u>Athletic Activities</u> (Practicing, training, competing, training room, etc.).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ii. <u>Non-Athletic Activities</u> (Meetings with coaches, team functions, film study, etc.).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Other extracurricular activities.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. A job (for pay).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Socializing, relaxing, family....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Sleeping.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

71. During the season, how much time in a typical week (including weekends) do you spend away from campus due to athletics competition?

- No time spent away / Didn't travel
- One-half day or less away per week
- 1 day away per week
- 2 days away per week
- 3 days away per week
- 4 or more days away per week

72. During periods in the school year when your sports team is not competing, do you spend more or less time on the following?

	Much More	About the Same	A Little More	A Little Less	Much Less
a. Attending class, lab, discussion groups, etc.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Studying or academic work outside of class.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Sport commitments:					
i. <u>Athletic Activities</u> (Practicing, training, competing, training room, etc.).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ii. <u>Non-Athletic Activities</u> (Meetings with coaches, team functions, film study, etc.).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Other extracurricular activities.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

73. If you could, would you prefer to spend more or less time in each of these areas while in college?

	Much More Time	A Little More Time	OK with current time spent	A Little Less Time	Much Less Time
a. My classwork or other educational opportunities.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Athletics training, competition, etc..	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. One or more extracurricular activities.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Visiting home/family.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Traveling to away competitions.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Working at a job.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Socializing with friends.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Relaxing by myself.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Sleeping.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Taking part in organized off-season workouts.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

74. How do you feel about the number of games / competitions scheduled for your team during the course of the year?

- I am satisfied with the number of games / competitions that we have
- I wish we had more games / competitions
- I wish we had fewer games / competitions

75. How many hours per week do you spend working at a job for pay (including work-study)?

- 0 hours
- 1-5 hours
- 6-10 hours
- 11-15 hours
- 16-20 hours
- More than 20 hours

76. If you had one extra hour each day during the school year that you could use any way that you wanted, on what one activity (other than sleeping) would you most want to spend it? (Fill in only one circle)

- My classwork or other educational opportunities
- Sport / exercise
- An extracurricular activity
- Spending time with family
- A job
- Socializing with friends
- Relaxing by myself

77. During your most recent athletic season, how many classes did you miss on average each week for any reason (practice, travel, competition, skipped)?

- None
- 1 class
- 2 classes
- 3 classes
- 4 classes
- 5 classes
- 6+ classes

78. How comfortable would you feel talking with the following individuals at your college about an issue or problem on your team or in your athletics department?

- | | | |
|---|--|--|
| | Somewhat Uncomfortable
Somewhat Comfortable
Very Uncomfortable
Very Comfortable | |
| a. My coaches | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | |
| b. My team captain(s)..... | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | |
| c. The school's athletics director..... | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | |
| d. The school's faculty athletics representative..... | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | |
| e. The school's president/chancellor.. | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | |

79. How much do you agree or disagree with the following statements?

- | | | |
|---|---|--|
| | Strongly Agree
Somewhat Agree
Strongly Disagree
Disagree | |
| a. The president or chancellor of my school supports student-athletes and their teams | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | |
| b. Faculty at my school support student-athletes and their teams.... | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | |
| c. The student body on my campus supports student-athletes and their teams | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | |
| d. Members of the community outside of my campus support student-athletes and their teams.... | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | |

80. How much do you agree or disagree with the following statements?

- Strongly Agree Somewhat Agree Somewhat Disagree Disagree Strongly Disagree
- a. My athletics director cares about whether I earn my degree
- b. My head coach cares about whether I earn my degree
- c. My assistant coaches care about whether I earn my degree

81. I wish the coaches or athletics administrators at our school talked more with student-athletes about the following topics: (Select all that apply)

- Conducting ourselves appropriately on campus / in the community
- Responsible use of social networking
- The importance of academic success and graduation
- Appropriate treatment of members of the opposite sex
- Speaking up when you see things around you that aren't right
- Academic integrity
- Proper nutrition for peak athletic performance
- Getting good sleep
- How to better manage our time demands
- Hazing or bullying
- Drinking / substance use
- The importance of getting medical attention if we think we've sustained a concussion
- Keeping sports participation in perspective
- Preparing for a career after college



82. How satisfied or dissatisfied are you with these academic support services offered through your athletics department or college? (Fill in only one circle per row)

- Somewhat Satisfied Satisfied I did not use Dissatisfied Service not available at my school
- a. Academic advisors who assist with course selection and/or monitor degree progress
- b. Study Hall
- c. Tutoring
- d. Priority registration
- e. Career counseling

PART 8: FINANCES

83. Do you rely on the following to help pay for college? (Please respond to each item)

- Yes No
- a. Family contribution
- b. Personal contribution / Job
- c. Pell Grant
- d. Need-based financial aid (including state or institutional grants)
- e. Academic scholarship
- f. Athletics scholarship
- g. Loans

84. When choosing your current institution, was the total cost to you and your family of attending this college an important factor in making your decision?

- Very important
- Important
- Somewhat important
- Somewhat unimportant
- Unimportant
- Not at all important

85. Are you concerned that financial considerations may affect your ability to complete your degree?

- Yes, I'm very concerned
- Yes, I'm somewhat concerned
- No, I'm not concerned

86. Please indicate how strongly you agree or disagree with the following statements:

	Strongly Agree	Somewhat Agree	Strongly Disagree
a. Quitting my sport would make staying at this college a problem financially.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. If I did not have an athletic scholarship I would not compete on this team.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

87. Indicate the extent to which you agree or disagree with the following statement: I usually have enough money to buy things I need (e.g., groceries).

- Agree
- Somewhat agree
- Somewhat disagree
- Disagree

88. What is the highest level of education that your parent(s) have completed? (Mark one circle per column)

	Father	Mother
a. Did not finish high school	<input type="radio"/>	<input type="radio"/>
b. Graduated from high school.....	<input type="radio"/>	<input type="radio"/>
c. Attended college but did not complete degree	<input type="radio"/>	<input type="radio"/>
d. Completed an associate's degree (A.A., A.S., etc.).....	<input type="radio"/>	<input type="radio"/>
e. Completed a bachelor's degree (B.A., B.S., etc).....	<input type="radio"/>	<input type="radio"/>
f. Completed a master's degree (M.A., M.S., etc.)	<input type="radio"/>	<input type="radio"/>
g. Completed a doctoral degree (Ph.D., J.D., M.D., etc.)	<input type="radio"/>	<input type="radio"/>
h. Don't know.....	<input type="radio"/>	<input type="radio"/>

89. Birth year:

19

0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

90. Birth month:

- | | | |
|--------------------------------|------------------------------|---------------------------------|
| <input type="radio"/> January | <input type="radio"/> May | <input type="radio"/> September |
| <input type="radio"/> February | <input type="radio"/> June | <input type="radio"/> October |
| <input type="radio"/> March | <input type="radio"/> July | <input type="radio"/> November |
| <input type="radio"/> April | <input type="radio"/> August | <input type="radio"/> December |

91. ZIP (postal) code where you lived during your senior year in high school (if lived in USA):

0	0	0	0	0
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9

92. If you didn't live in the USA during high school, where did you live?



PART 9: OPPORTUNITY FOR ADDITIONAL FEEDBACK & COMMENTS

93. What has been the best part of your student-athlete experience so far?

94. If you could change one thing about your student-athlete experience, what would it be?

Thank you for your participation in GOALS!

The survey you just completed is part of the largest study on student-athletes the NCAA has ever undertaken. Your responses will help us to better understand how participation in athletics impacts a student's college experience.

As part of our research on the student-athlete experience, we would like to link the results of this survey to other NCAA data on your academic performance. This will be accomplished through a combination of variables that may include sport, ZIP code and birth month/year. If you prefer not to have your data linked, please indicate below.

Neither your identity nor your school's identity will ever be connected to your survey response in any publicly accessible data file, analysis, or write-up of these data.

I prefer that my survey data not be linked to other NCAA individual-level data

Thank you again and best wishes